



Registered Charity No:052284
B.U.G.S. Fund Number 1223

B.U.G.S. Spring 2010 NEWSLETTER

Salisbury District Hospital

To contact B.U.G.S. write to: B.U.G.S. c/o Sister in Charge,
The Burns Unit, Salisbury District Hospital, Salisbury, Wilts, SP2 8BJ.
or Telephone: (01722) 345507
Find us at: www.bugssalisbury.co.uk

Dates for your Diaries

AGM – Wednesday April 28th in the Post Graduate Medical Centre at 3.30 p.m.

Front Hall Stall, SDH- Wednesday May 5th and Nov 17th

FAB Camp – June 3rd to June 6th
National Burned Children's Camp to August 8th - 14th

10th year Celebratory Event- May 2010

Hullo from the Chairman

This May B.U.G.S. will have been helping both children and adults come to terms with their burn injury for ten years. Those of us who set B.U.G.S. up and have been volunteers during that time cannot believe we have done so much and helped so many people in that time. There are many supporters and donors who have also been helping during those ten years and of course without their involvement B.U.G.S. would not have achieved so much. Although the committee know that they do not wish to be thanked in a large way, the committee plan to ask them to help celebrate this milestone by attending a small celebratory event in May.

The AGM will take place 28th April. We will be reviewing the last year. The committee would welcome your attendance at that, but it would be helpful if you would let us know that you would like to come by leaving a message with the Unit. (See details above)

At the end of May there is, of course, the May Camp which FAB are again planning to hold in Pendine in South West Wales. Transport with FAB can be arranged, so, *children*, do please consider asking your parents to write and ask B.U.G.S. if you can have a grant to attend! The National Camp in August is another option. B.U.G.S. needs to know who wants to go **as soon**

as possible, but certainly by the April 17th so that the committee can allocate funds. (Please remember, *parents*, that there are criteria for obtaining a grant, so do write to me and say your child would like to go in heaps of time. I will send you the paperwork as soon as I receive a letter from you.)

Don't forget that any of the children who have been in the Unit have the opportunity of going to camp. Thanks to our donors Camp is free and is great fun! There are indoor and outdoor activities and it is a great opportunity to make friends with children who really understand what a burn injury means.

Any child between 8 and 18 is entitled to apply to go to camp at any stage of their recovery. There are some restrictions and a few criteria to meet, but there is nothing to stop parents writing to ask for their child to attend.

Best wishes from
Jenny



Visit to Salisbury Fire Station

In October last year Red Watch and Fire Fighter Richard Plaskett in particular, were kind enough

to give one of our young B.U.G.S. members, his parents and me a very happy afternoon at Salisbury Fire Station.

Mathew writes:-

Hullo Readers,

I would like to tell you about my afternoon at Salisbury Fire Station in October.

We were shown around by a Firefighter called Richard and he got my Dad, Jenny and me dressed up in a firefighters uniform. The boots were very heavy!

Richard showed us all the equipment on the fire engines and explained what it was all used for. We had a go at testing the radio, but no one could remember all the call signs we had to repeat! We also went for a ride around the station with the sirens on. It seemed very fast!

After a drink break I got to see how the fire engine with the turntable ladder worked. With Richard's help I was allowed to go on the platform and use the controls to make it go up and down. I 'rescued' Jenny so that she could have a go on the platform and see everything down below.

We all got to have a go with a hosepipe and had to knock over some cones with the water. They showed us how they stop a fire from spreading from house to house with a special hose which fans out like a peacock's tail. It was a really great afternoon!

Mathew



'Firefighters' Colin, Mathew and Jenny



Mathew 'rescues' Jenny

Young Peoples Weekend

In December thanks to Dan's Fund (www.dansfundforburns.org) a group of dedicated volunteers arranged a weekend get together for young people who had suffered burn injuries. One of our members went and had a great time.

Rich sent me this e-mail:-

I arrived at the hotel just outside Stratford- on- Avon after a long journey, made longer by road works and traffic jams. The closer I got the more apprehensive I became because I didn't know what to expect and who I would be seeing. As I walked up to the front door someone shouted my name and there was Chris who I hadn't seen since the National Children's Camp 5 years ago! I felt instantly relieved that there was someone who knew me! Inside we met everyone else including several people I had met at previous children's camps.

Caroline, one of the volunteers, had cooked a curry for us, which was really nice and because we were over 18 we were allowed to drink. There was a whole fridge full of alcohol!! After supper we chilled out and played some games. Chris and I decided to try the hot tub outside. It was raining and freezing, but that didn't deter us. We got straight in! Everyone thought we were mad, but slowly they too started to get in!! A few drinks had us singing and chatting until 11.30 when a few of us listened to music before going to bed in the small hours.

Next morning we were up bright and early for a busy day and a big breakfast – the bacon sandwich went down best! We went to the Ice Rink in Coventry which was fully enjoyable and funny, as people kept falling over. After a bit of shopping and a wander around Stratford we returned to the House for our Christmas Dinner and an evening chilling out.

("From this excerpt I think we can all see that the young people had a great week end thanks to the volunteers who organized the event". – Jenny)

A New Law which protects



B.U.G.S. were delighted to hear that the three year campaign "Hot Water Burns Like Fire" has been successful. In collaboration with the Pinderfields Burns Unit, the Wakefield MP Mary Creagh has

persuaded the Government to change the law to ensure that baths in new bathrooms have a Thermostatic Mixer Valve (TMV). This will significantly reduce scalding injuries in the home. All those involved in the campaign are to be congratulated in achieving this worthwhile outcome.

B.U.G.S. Volunteers Fund Raise

B.U.G.S. was again invited to hold a stall at the very popular Winchester Cathedral Market in their Charity Chalet. We took the slot for 2 days this time (30 November and 1 December 2009). Our first day was very cold and wet. However, the following day (Tuesday) was dry, sunny, cold and very busy, so the volunteers manning the stall that day were kept on their toes. All the volunteers who helped did really well to raise about £1,000 over the 2 days! We received very positive comments from our visitors and met people who had connections with burns and the Unit.

In mid November we held another stall at Salisbury District Hospital and another at a primary school near Winchester in December where the children enjoyed spending their pocket money on all the ladybird items, particularly the chocolate ones! With very many thanks indeed to all who supported us.

Our Spring Stall will be held at the hospital, Wednesday 5 May, so please come and support us if you are in the area that day.



Ex Volunteer Aiming High

One of our early volunteers has taken up Dressage and is attempting to become a member of the Para Olympics. Those of you who knew her would be interested to hear her story. Recently she came fourth at the national para talent spotting with 78.8% **This is what she wrote to me:-**

Some years ago whilst I was a day patient at SDH two very important things came into my life. One of these was being referred to the Riding

for the Disabled Group at Wilton, the other was finding out about a fairly new voluntary organisation called B.U.G.S.

At the time I was actually going through a particularly difficult period and was thrilled to find out that B.U.G.S. was happy to take me on as a volunteer. I must have said the right things when Julia came and had a chat with me.

Coming to the Tissue Support Clinic on a Wednesday as a volunteer for B.U.G.S. was extremely worthwhile. I met some incredible people who were dealing with their own battles but found that we were there to support them should they want it.

Working on the old Unit (as I did) was amazing. The nursing staff were very professional and caring but there definitely was a need for the presence of a B.U.G.S. volunteer. Unfortunately I had to move away from the area before the Unit moved to its present position so I had to stop being a volunteer as it was too far for me to drive.

I have continued with my riding, but sadly had to leave the Wilton Group. I compete in the discipline of dressage for both disabled and non-disabled riders and am hoping (funds permitting) to compete with the British Para Dressage Squad and perhaps be part of the Paralympic Team for 2012.

My riding career will have to come to an end eventually and should I move any closer to Salisbury I will definitely be looking to come back as a B.U.G.S. volunteer.


Debbie Hounsome

"We wish Debbie all the best in her challenge and are really proud of her!" Jenny



Debbie and Jon

Facing the World:

A new programme for people concerned about scars that remain following a burn injury. 

During 2008/9 B.U.G.S. funded a part time Clinical Psychologist to look into ways of helping people with concerns about scarring.

The Clinical Psychologist writes:-

“Over the last year the Clinical Psychology Department at Salisbury District Hospital has devised a psycho-educational programme for people with scar(s) following a burn injury. The programme is called ‘Facing the World’ and focuses on helping people feel more confident in social situations and improving self-esteem. The programme involves two sessions, each for

approximately two and half hours. Time is divided to allow for discussion, practical exercises and education. We have now had the opportunity to trial the programme and people who have attended and completed the programme have reported finding it very helpful. People have found they feel more comfortable with their scars and do not feel like they have to hide them, they feel more able to deal with comments or questions other people might make about their scars and therefore feel their self-esteem has improved. People have also reported finding it helpful to be amongst other people with similar worries.”

Please contact the Clinical Psychology Department (Health) at Salisbury District hospital if you would like more information on **01722 425105**

The collective noun for ladybirds is a ‘loveliness’

Here is a picture for you to colour in. If you would like to send it to me I would love to receive it Jenny

